



To the campus community,

Earlier this afternoon, our province's Chief Medical Officer, Dr. Robert Strang, announced what he called a 'circuit breaker' intervention within the Halifax and Central region, to help stop the spread of COVID-19 within the province.

I'd like to share **a reminder to the campus community to avoid all non-essential travel to Halifax and the Central Region. Also, a reminder that it is ok to socialize in a group of 10; however, please ensure that you are doing so with a consistent group of 10.** According to Dr. Strang, this is a practice where improvement is needed across the province.

Although the cases may seem far from our everyday lives, it is important that we remind ourselves that we are still in the midst of a pandemic. To date, StFX students, faculty and staff have done a tremendous job in keeping our communities safe. With cases on the rise in the province, including some cases for which the virus is proving untraceable, it's vital that we keep our focus.

Let's continue to be diligent in our activities, take care of ourselves, one another and our community. To quote Dr. Strang, "We must all take precautions, even if we, personally, are not at risk." Let's take his words to heart and continue to practice safe and low-risk behaviours.

Have a safe weekend.

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